

August 2021



# Newsletter

Toll Free: 866-743-5144

Office: 715-743-5166

Fax: 715-743-5240

## IDENTITY THEFT Protect and Prevent

Identity theft continues to be the fastest growing crime in the United States. The more you learn about it, the less vulnerable you are.



Can you recognize identity theft? At this presentation, you will learn how to identify and prevent identity theft – including information about Credit Reports, Fraud Alerts, and Security Freezes. You will receive practical tips for safeguarding personal and financial information, and learn how to spot the red flags before you fall for a scam.

## SENIOR Scams

Seniors are often targeted by scams, learn to recognize the signs of a scam and steps to protect yourself.



The Bureau of Consumer Protection will present information on the latest scams and frauds targeting seniors as well as provide tips for spotting these scams and keep you from becoming a victim. Resource materials will be provided to attendees.

<b><u>Date:</u></b>	Wednesday, September 1 @ 12:00PM
<b><u>Location:</u></b>	Greenwood Senior Nutrition Center
<b><u>Address:</u></b>	312 North Reese Street, Greenwood

**WE HOPE TO SEE YOU THERE!**

### **Presented by:**

Jeff Kersten is the Agency Liaison for the Bureau of Consumer Protection within the Wisconsin Department of Agriculture, Trade and Consumer Protection. As the Agency Liaison, Jeff travels around the state to educate the public, businesses and law enforcement on privacy protection, data security, identity theft, and other areas of consumer protection. Jeff has over 12 years of experience as a police officer and is a prior Consumer Protection Investigator for the Bureau of Consumer Protection.



Wisconsin Department of Agriculture, Trade and Consumer Protection  
www.datcp.wi.gov    email: DATCPHotline@Wisconsin.gov

**Consumer Protection Hotline (800) 422 - 7128**

# Lines from Lynne

It has been the perfect summer to follow a very long year at home. Perfect conditions to get out again and appreciate the world around us, get some exercise and see friends. We learned so much that we want to do from all the great ideas you submitted that I have had to remind myself of the quote:

**Perseverance** is not a long race; it is many short races one after the other." - **Walter Elliot**

So I would like to give you a hint to the days ahead:

Taylor has been out getting farmers market vouchers to those who would like them. If you missed that opportunity, make sure you give our office a call.

Our caregiver groups are ramping up. Memory Café in Thorp and Caregiver support group held in person starting in August. We have some great resources to share. If you prefer to participate virtually, please call us so we can get you connected with a group that works with your schedule.

Our Direct Delivery of Home Delivered meals started in the Southern part of the county on July 20 and will begin in the Northern part of the county August 3. Same great meals in new packaging fresh from the kitchen. We are really excited about this change.

ADRC is collaborating with CVTC to offer computer classes for older Adults. Individualized classes to help you become more confident using your devices. You do not need a computer to take the class. We can assist with getting a device. It's a great way to keep in touch. Our first class will begin August 31<sup>st</sup> and go for 6 weeks being held at the CVTC computer lab on Highway 10. A second class is scheduled for November 2<sup>nd</sup> at the Clark County Rehab and living Center in Owen. Please give us a call for more information. Call soon as there is limited seating.

Remember, our services are for you. If you have an activity, skill or talent you want to learn or want to share please give us a call. Peer-to-Peer learning opens up so many opportunities. Many of us are very passionate about our careers and still want to keep a bit of that for ourselves. The ADRC is looking for you. We are looking for folks willing to share those gifts with others. Whether it is art, health education or genealogy. We are looking for volunteers for in-person or virtual to share your wisdom.

With that we are shouting out a big THANK YOU to Aryls who is willing to share her craft of Stamping. A GREAT opportunity to learn a craft, go home with your very own handmade cards while enjoying the company of others with a cup of coffee and conversation. We are hoping to do a lot more of this. (Some may require a small fee for supplies.)

Lots happening and more to look forward to...

Hope to hear from you soon!

Thank you for letting us serve you and our community! Lynne



## Blue Light – its both good and bad for your eyes



Dr. Mathew Mergenthaler

**Blue Light is actually everywhere.** In its natural form, your body uses blue light from the sun to regulate your natural sleep and wake cycles. Blue light also helps boost alertness, heighten reaction times, elevate moods, and increase the feeling of well-being.

However, electronic devices such as cell phones, laptop computers, tablets as well as energy-efficient fluorescent bulbs and LED lights are all sources of artificial blue light, increasing our exposure.

### How does Blue Light affect your eyes?

A Harvard medical study states that "High Energy Visible blue light has been identified for years as the most dangerous light for the retina, resulting in long range growth in the number of macular degenerations, glaucomas, and retinal degenerative diseases". The American Macular Degeneration Foundation reports that "blue rays seem to accelerate age-related macular degeneration more than any other rays in the spectrum".



### OK, now that I know about Blue Light what can I do to protect my eyes?



We are in a digital age, meaning exposure to cellphones, computers, tablets and LED lighting, has become our lifestyle, no matter what generation you fall into. Ask your eye care provider about special protective lenses designed with a blue light filter coating for use indoors, in low light or at night. You can actually see the protection at work as blue light is being reflected off the lens, while allowing the good portion of blue light to pass through. Enjoy the digital age, knowing you are protecting your vision.

Dr. Mathew Mergenthaler is an Optometrist at HealthView Eye Care Center-Medford and Colby, you can contact him at 715.748.2020 or 715.223.4003. Blue light information courtesy [bluelightexposed.com](http://bluelightexposed.com).

# Wisconsin has 580,000 family caregivers across the state

## *Are you one of them?*



Get access to **FREE** online educational resources to help caregivers:

- Develop essential skills
- Learn about health issues
- Manage care for loved ones
- Take care of yourself

## Register at [wisconsincaregiver.org](http://wisconsincaregiver.org)



WISCONSIN DEPARTMENT  
of HEALTH SERVICES



Greater Wisconsin  
Agency on Aging Resources, Inc.



Wisconsin  
Family and Caregiver  
Support Alliance

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# **Latest** **news**

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Memory Café returning mid August to the Thorp and Owen area! Be sure to watch your local Thorp and Owen newspaper for time and dates!

Neillsville Caregiver Support Group to  
return August 23rd @ 10:00 a.m.

Neillsville Senior Center

If you would prefer a virtual option please call the office at  
(715) 743-5166.

Neillsville stamping classes to start in

September at the Neillsville Senior Center. Please call Aryls to  
sign up at (715) 937-5236.



# Tips for Staying Safe in the Heat

*By the GWAAR Legal Services Team (for reprint)*

As we get into the “dog days of summer,” temperatures and humidity rises, sometimes to dangerous levels. The Red Cross recommends the following ten heat safety tips:

1. Hot cars can be deadly. Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach 120 degrees.
2. Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.
3. Check on family, friends, and neighbors who do not have air conditioning, who spend much of their time alone, or who are more likely to be affected by the heat.
4. If someone doesn't have air conditioning, they should seek relief from the heat during the warmest part of the day in places like schools, libraries, theaters, malls, etc.
5. Avoid extreme temperature changes.
6. Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
7. Slow down, stay indoors, and avoid strenuous exercise during the hottest part of the day.
8. Postpone outdoor games and activities. The Red Cross has an online course called First Aid, Health and Safety for Coaches that is designed to give those who take it an overview of first aid and "best practices" for many first aid situations encountered by coaches.
9. Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.
10. Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have plenty of cool water.

Some people are more at risk of developing a heat-related illness, including adults age 65 and older, those with chronic medical conditions, people who work outside, infants and children, and athletes. The Red Cross also provides the following information on recognizing and treating heat-related illnesses.

Heat cramps are muscular pains and spasms that usually occur in the legs or abdomen. Heat cramps are often an early sign that the body is having trouble with the heat.

Get the person to a cooler place and have him or her rest in a comfortable position. Lightly stretch the affected muscle and gently massage the area.

Give an electrolyte-containing fluid, such as a commercial sports drink, fruit juice, or milk. Water may also be given. Do not give the person salt tablets.

Heat exhaustion is a more severe condition than heat cramps. Heat exhaustion often affects athletes, firefighters, construction workers, and factory workers. It also affects those wearing heavy clothing in a hot, humid environment.

Signs of heat exhaustion include cool, moist, pale, ashen or flushed skin; headache; nausea; dizziness; weakness; and exhaustion.

Move the person to a cooler environment with circulating air. Remove or loosen as much clothing as possible and apply cool, wet clothes or towels to the skin. Fanning or spraying the person with water also can help. If the person is conscious, give small amounts of a cool fluid such as a commercial sports drink or fruit juice to restore fluids and electrolytes. Milk or water may also be given. Give about four ounces of fluid every 15 minutes.

If the person's condition does not improve or if he or she refuses water, has a change in consciousness, or vomits, call 9-1-1 or the local emergency number.

Heat stroke is a life-threatening condition that usually occurs by ignoring the signals of heat exhaustion. Heat stroke develops when the body systems are overwhelmed by heat and begin to stop functioning.

Signs of heat stroke include extremely high body temperature, red skin which may be dry or moist; changes in consciousness; rapid, weak pulse; rapid, shallow breathing; confusion; vomiting; and seizures.

Heat stroke is life-threatening. Call 9-1-1 or the local emergency number immediately.

Rapidly cool the body by immersing the person up to the neck in cold water, if possible OR douse or spray the person with cold water.

Sponge the person with ice water-doused towels over the entire body, frequently rotating the cold, wet towels.

Cover the person with bags of ice.

If you are not able to measure and monitor the person's temperature, apply rapid cooling methods for 20 minutes or until the person's condition improves.

# Watch Out for Ticks!

*By the GWAAR Legal Services Team (for reprint)*

Summer in Wisconsin means you're thinking about spending time outside. Unfortunately, summer also means tick season. While you're enjoying the outdoors, it's important to protect yourself from tick bites. Ticks are typically active in Wisconsin from May through September, but they can be found at other times of the year, too. Although only a few species of ticks live in Wisconsin, they can pose a significant risk to your health.

Deer ticks, or blacklegged ticks, which are found throughout Wisconsin, can spread Lyme disease, babesiosis, anaplasmosis, ehrlichiosis, and Powassan virus. Wood ticks, or dog ticks, are also common throughout Wisconsin, but they rarely spread disease in the state. However, they spread Rocky Mountain spotted fever and tularemia in other states. Lone Star ticks, which are less common in Wisconsin, can spread ehrlichiosis. Symptoms of illnesses spread by ticks can range from mild to severe, and include fever, chills, rash, muscle aches, joint pain, headache, fatigue, nausea, and vomiting. If you experience any of these symptoms, it's important to seek treatment early.

## **Here's how to prevent tick bites:**

- Avoid areas where ticks are often found. Ticks can be found in tall grasses and in densely wooded areas. Sticking to the center of the trail will make it harder for a tick to find you.
- Wear long-sleeved shirts and long pants to prevent ticks from attaching to your skin. Lighter-colored clothing will make it easier to see ticks. Consider tucking your shirt into your pants and your pants into your shoes or socks so that ticks can't crawl under your clothing.
- Use insect repellants with DEET or other Environmental Protection Agency-approved repellents on exposed skin. In addition, clothing, shoes, and gear can be treated with permethrin to repel ticks. Do not apply permethrin directly to your skin.
- Ticks usually have to be attached to your body and feeding for extended periods of time in order to transmit disease. Check for ticks after being outdoors in areas where ticks may be found, including your own yard. Check all parts of your body, especially your armpits, behind your knees, your scalp, in and around your ears, and your groin. Take a shower as soon as possible after coming inside to wash off any ticks on your body. If you find a tick biting you, remove it right away by grabbing it near its mouth with tweezers and slowly pulling it off of you. Use rubbing alcohol to clean the bite area and wash your hands. See your doctor if you have a rash or fever within 30 days of removing a tick or after possible tick exposure.



- Make sure your clothing and gear don't have ticks before you go inside. If your clothes are dry, put them in a clothes dryer on high heat for 10 minutes to kill any ticks that might be on your clothing. Damp clothes should be dried on high heat for 60 minutes.
- Don't forget about your pets! Check your pets for ticks after they spend time outside. Talk to your veterinarian about appropriate products to prevent tick bites. Pay attention when buying these products, because there are differences between the products available for dogs and cats. Lyme disease vaccines are also available for dogs.
- Become familiar with common ticks and symptoms of tick-borne illnesses. If you are bitten by a tick, make sure to get it properly identified. The Wisconsin Medical Entomology Lab provides tick identification services to the public. For more information or to submit a photo, please see: <https://wisconsin-ticks.russell.wisc.edu/tick-identification-for-public-health-and-medical-professionals/>. Although the identification services do not include testing ticks for disease, they can refer you to a laboratory. You can also download the Tick App, a free smartphone app from the Midwest Center of Excellence for Vector-Borne Disease.
- For more information about the app, please see: <https://thetickapp.org/>. The Wisconsin Department of Health Services Tick Safety Guide is available here: <https://www.dhs.wisconsin.gov/publications/p01434.pdf>.
- Talk to your doctor about any medical concerns about tick bites. □



## Incontinence Supplies

For those who may not be able to afford incontinence supplies, the ADRC of Clark County is offering a free incontinence supply bank. You call the ADRC to figure out where you can pick up the incontinence supplies at 715-743-5166.

## FoodShare Updates

*By the GWAAR Legal Services Team (for reprint)*

All FoodShare members will continue to receive the maximum amount for their household size for July, 2021. In addition, all FoodShare members continue to receive at least \$95 in additional benefits; some households receive more to bring their total to the maximum monthly benefit amount for their household size.

On top of this, FoodShare members will continue to receive 15% more of their typical amount for their household size through September, 2021. This increase is a result of a federal law passed in 2020 extending additional benefits in 2021.

The bottom line: Unless a household is paying money owed due to a previous overpayment, all FoodShare households will get the following benefits for July, 2021: fifteen percent of their typical amount based on household size; and the maximum benefit for their household size (a minimum of \$95). All members will receive notices explaining the additional benefits.

You can always check the balance of a QUEST card through the ebtEDGE website, the ebtEDGE mobile app, or by calling QUEST Card Service at 877-415-5164.

For up-to-date information, visit: <https://www.dhs.wisconsin.gov/covid-19/forwardhealth-foodshare.htm> □



**Check us out on our new Facebook page for updates, tips and more information provided especially for you.**

**Aging & Disability Resource Center  
of Clark County**

## August is National Immunization Awareness Month!

The Centers for Disease Control and Prevention (CDC) recognizes August as Immunization Awareness Month (NIAM).

For more information visit:

<https://www.cdc.gov/vaccines/events/niam/parents/communication-toolkit.html>

And for sample newsletter content that you can adapt for your organization's newsletter visit:

<https://www.cdc.gov/vaccines/events/niam/parents/communication-toolkit.html> □

# Potential Impact to Certain Individuals Who Received Services From Wisconsin Medicaid Long-Term Care Programs

*Press Release from the Wisconsin Department of Health Services (DHS)*

The Wisconsin Department of Health Services (DHS) announced in June that an unauthorized individual gained access to an email account on February 19, 2021. This unauthorized access was disabled quickly following discovery that day. DHS conducted an investigation of the unauthorized access, and determined that it may have exposed names, member identification numbers, dates of birth, some Social Security numbers, address, and health information such as medical conditions and treatment information. **No known exposure has occurred.**

DHS identified individuals whose information may have been accessed through its investigation of this incident. On June 4, 2021, notifications were mailed to 2,868 individuals who received services from Wisconsin's Family Care, IRIS, or Children's Long-Term Support programs, and whose information may have been accessed. Out of an abundance of caution, these individuals have been offered free credit monitoring for one year as well as given access to a dedicated call center to answer questions they might have.

Since discovering the unauthorized access on February 19, 2021, the Wisconsin Department of Health Services has taken actions to improve its security posture. DHS has also requested that the Department of Administration and the State's Chief Information Security Officer conduct a review of Department of Health Services' security protocols protecting personal health information including the adequacy of our information system protections against malicious phishing attacks.

Individuals in the above programs who received a notification letter or have questions about this incident, can call 1-833-664-2022 from 8:00 a.m. to 8:00 p.m. CT Monday through Friday.

## ADAPTIVE EQUIPMENT

**The ADRC office has several pieces of DME equipment available in our Loan Closet  
call for further details [715-743-5166](tel:715-743-5166)**

**We are also accepting donations of unused/unopened incontinence garments and  
gently used adaptive equipment.**

# **ForwardHealth Members Will Continue to Keep Benefits During the COVID-19 Public Health Emergency**

*By the GWAAR Legal Services Team (for reprint)*

In response to the COVID-19 public health emergency and federal rules, the Wisconsin Department of Health Services (DHS) temporarily changed program rules to help protect the health and safety of members.

Members will continue to keep their benefits if they were eligible for them on or after March 18, 2020. Their benefits will stay the same until at least the end of the month in which the federal public health emergency for COVID-19 ends. Based on what the federal government has said, DHS expects that the federal public health emergency will last at least until the end of 2021.

This affects members in the following programs:

- BadgerCare Plus
- Emergency Services Medicaid
  - Family Planning Only Services
- Foster Care Medicaid
- Institutional Medicaid
- Katie Beckett Medicaid
- Medicaid Purchase Plan
- SeniorCare
- Supplemental Security Income-Related Medicaid
- Tuberculosis-Related Medicaid
- Waiver Medicaid
- Wisconsin Well Woman Medicaid

This means that any member who would normally have lost benefits on or after March 18, 2020 will continue to keep their benefits. This is true even if a member has had changes that would normally have resulted in a loss of benefits. During the federal public health emergency, a member will only lose their benefits if they move out of Wisconsin or ask to end their benefits.



DHS still expects members to report changes as appropriate for their program enrollment, such as changes in income or address.

**NOTE: Members will receive a ForwardHealth Update in the mail with this information.**

**The updates will be mailed over a four-week period beginning the week of July 5, 2021.**

Members will receive an update based on their program enrollment.

For more information about program updates related to COVID-19, visit the [ForwardHealth program updates webpage](#). □

## Need Help with Medicare Costs?

*By the GWAAR Medicare Outreach Team (For Reprint)*

If you have Medicare and you're facing challenges with paying for health care, you may be eligible for programs that can help you save money on medical and drug costs. People with limited income and resources may qualify for Medicaid—a joint federal and state program that helps with medical costs.

Even if you don't qualify for Medicaid, Medicare Savings Programs may be able to help you pay your Medicare premiums and other costs. If your income is \$1,449 or less for an individual, or \$1,959 for a couple, and your resources are under \$7,970 for an individual or \$11,960 for a couple, you may already be eligible for one of these programs.

If you qualify for Medicaid or one of the Medicare Savings Programs, you'll automatically get Extra Help paying for your prescription drugs. Extra Help is a Medicare program that helps people with limited income and resources pay Medicare prescription drug costs, like premiums, deductibles and coinsurance.

If you don't automatically qualify for Extra Help, you may still be eligible if your income is \$1,610 or less for an individual, or \$2,177 for a couple, and your resources are under \$13,290 for an individual and \$26,520 for a couple. You can apply online for Extra Help with Social Security Administration at [www.ssa.gov](http://www.ssa.gov) or by calling: 1-800-772-1213 (TTY 1-800-325-0778).

Another program that can help with your prescription drug costs is SeniorCare, Wisconsin's prescription drug assistance program. This program is available to Wisconsin residents who are 65 years of age or older and are a U.S. citizen or have qualifying immigrant status. Your annual income determines your level of coverage in this program. For more information or to access an application online, go to: [www.dhs.Wisconsin.gov/seniorcare](http://www.dhs.Wisconsin.gov/seniorcare) or call: 1-800-657-2038.

It's important to call or fill out an application if you think you could qualify for savings, even if your income or resources are higher than the amounts listed above. These amounts change yearly, and you may be eligible for another savings program depending on your situation.

To find out if you're eligible for savings through one of these programs or any other benefits, contact the ADRC of Clark County at (715)743-5166. □



## Using Ensure or other Nutritional Supplements?

Ask us about our [Seniors Nutrition Supplement Program](#) available to persons 60 and older.

- Nutritional Supplements at reduced cost
- No other insurance or Long Term care program coverage.
- Must provide a medical professional's [Prescription](#) in order to participate.

Call and ask to see if you are eligible at (715) 743-5166



# On Medicare?

## Need help covering the costs?

**You may be eligible for programs that could save you money.**

**Medicare Savings Programs** help people with limited incomes and assets pay for some or all of their Medicare premiums, deductibles, and copayments.

**Prescription Drug Assistance Programs** — such as the federal *Extra Help* program — assist people with limited incomes and assets pay their Medicare Part D premiums, deductibles, and copayments.

Wisconsin's *SeniorCare* program can help residents age 65 or older cover the cost of their prescription drugs.

**To talk to someone who can help you find out what you qualify for, contact:**

Aging & Disability Resource Center of Clark  
County

517 Court Street, Room 201

Neillsville, WI 54456

715-743-5146

Produced by the Greater Wisconsin Agency on Aging Resources (GWAAR) with financial assistance, in whole or in part, from the Administration for Community Living (ACL)



Local Help for People  
with Medicare





# 2021 Senior Flu Clinics

**The Clark County Health Department (CCHD) will be offering Senior Flu Clinics this fall!**

The CCHD will be facilitating three off-site clinics to serve folks age 50+ in September and early October, in the Abbotsford/Colby, Thorp, and Neillsville areas.

## More Information To Come:

Dates, Locations, Eligible Insurance Carriers, Self-Pay Option,  
& Reduced Cost Option for Eligible Individuals



**CCHD Immunization Hotline: 715-743-5292**

Receiving the influenza (flu) shot this flu season is particularly important. The Wisconsin Department of Health Services (DHS) states: The best way to protect yourself and the people around you from the flu, is to get the flu vaccine every year in the fall. This year, with COVID-19 spreading during flu season, it is more important than ever to get vaccinated against the flu.



**EAT WELL, AGE WELL.**

## Monthly Tracking Calendar-Gut Health

### RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: GO TO BED AT THE SAME TIME EVERY NIGHT

WEEK 2: CONSUME PROBIOTICS SUCH AS CARROTS, APPLES, AND OR ONIONS TO INCREASE DIETARY FIBER

WEEK 3: EXERCISE FOR ABOUT 150 MINUTES FOR THE OVERALL HEALTH OF YOUR GUT

WEEK 4: THIS DINNER RECIPE IS GREAT FOR A FULL SERVING OF PROBIOTICS:

<https://www.foodnetwork.ca/healthy-eating/photos/gut-health-recipes/#!Asparagus-and-Smoked-Salmon-Bundles-Recipe>

*Complete the Weekly Challenges for overall better gut health. Take the challenge!*



## EAT WELL, AGE WELL. GUT HEALTH

The food that you eat can influence the types of bacteria that live inside of you. The good bacteria, or beneficial bacteria, are known to prevent infection in your gut while also producing important vitamins and nutrients to help regulate your immune system. Your digestive tract is the home base for the bacteria, and it is there to help break down your food. Your body will only make bacteria when needed. When they run out of food then the bacteria will stop growing.

**Artificial Sweeteners** – Replace sugar to make foods and drinks still have a sweet taste. The downside is that they have been known to negatively affect the balance of the good bacteria in your gut.

**Plant-Based Diet** – Assists in the growth of different types of intestinal bacteria more than animal-based foods do. The high fiber contents and the lack of meat intake is what has been known to benefit the gut microbiota. The best sources of nutrients for a healthy microbiota are fruits and vegetables.

### WEEKLY CHALLENGES

ADD SPICES TO YOUR  
MEALS

LIMIT ARTIFICIAL  
SWEETENERS

TRY A NEW FRUIT OR  
VEGETABLE

SWAP OUT MEAT FOR  
TOFU, BEANS OR  
LENTILS

For more information about gut health go to:

<https://www.healthline.com/nutrition/improve-gut-bacteria>



## Paperbased Dual-Ovenable Fiber Trays

The transition to our new packaging system is here, so we wanted to educate you on the key features and benefits to the new trays.

### Key Features:

- Biodegradable: paper based package
- Sanitary presentation: tamper evident seal
- Freezer to oven or microwave: filled meal package functions from -40°F to 400°F
- Reheating of sealed trays, up to 180°F
- Reheat leftovers to 165°F
- Polyester film liner creates liquid barrier preventing soak through
- Sealed compartments, no more cross contamination
- Strong seal integrity with easy peel open with date stamped indicating packaged date
- Natural insulation property of fiber keeps meals hot and exterior safe to touch

Same home style dietary approved meals, just with new and improved packaging!

Stay tuned for a survey to be sent regarding feedback to the new trays – we appreciate your thoughts and comments in order to serve you better!



### **Important**

You may see a new face delivering your meals due to route changes. Delivery Time for your meal may slightly vary as we transition. Please be patient with our drivers as they navigate this new delivery system.



### **Important Information**

**To cancel or reserve a meal you have two options:**

1. Call the ADRC office
  - 715-743-5166 / Toll Free, 1-866-743-5144
2. Communicate the change to your Home Delivered Meal driver

Please call 24 hours ahead to cancel or reserve a meal between the hours of 10:30 a.m. and 1 p.m. It is very important to the continuation of the Nutrition Program that the 24 hour rule be followed. If a cancelation is called after 1 p.m., the Nutrition Program still has to pay for the meal and you will be asked to contribute toward the cost of the meal.

- Exceptions are made in emergency situations.

**To contribute the share of the cost of the meal you can afford.** The suggested contribution for each meal is \$4.00. Please contribute what you can. No one will be denied service because of the inability to contribute.

The ADRC office will send a monthly contribution statement directly to your address on file for your Home Delivered Meals on or around the 25<sup>th</sup> of each month. Along with your statement, you will receive an enclosed, pre-addressed envelope to send your recommended \$4.00 per meal contribution directly to the office. Our policy has not changed, we will never deny HDM services if someone is unable to pay. Please restrain from giving cash or check to the Home Delivered Meal driver – this new contribution statement allows for safer and better tracking on funds.



*"The Aging and Disability Resource Center of Clark County provides a single source for information and assistance for older adults, adults with disabilities, and their caregivers while supporting self-sufficiency, quality of life, and dignity."*



# Camping Trip

Y T U F S W N F U T Y L Z G V E A C M H J Y T E S  
 J O K B R H U A X F C X N I V V O A X I Z X U B M  
 R G L J I T L M T N D I O O T O R C B K P B O A O  
 V E B C A R H B V I G S T I L S Q J G E M I G O K  
 B T G A H R E G B N O S G E H M O U N T A I N S E  
 U H W M C W R O I G E N R M O T I U Q S O M I E Y  
 L E J P G K N S N L I G A B G N I P E E L S G E T  
 L R G E N F P I B H H L N L S E R U T A N C N E H  
 F N C R I J X A G I L S Q I P R I E B O R T A S E  
 R R C R D A T U C O K J A L H A O K O I I E H U B  
 O E E P L R O F W K Y I E L S S R O C N R X L O E  
 G T V E O R S W I M M I N G F U I K D O A D L H A  
 F N R P F E R O L P X E T G S J E F M T H C I T R  
 B A T R A I L E R W O O D S M T W S G I U T R U B  
 A L K O K S H G V G H O S T S T O R I E S O G O F

BACKPACK

BIKING

BIRD

BONFIRE

BULLFROG

CAMPER

CANOE

COOLER

CRICKETS

EXPLORE

FISHING

FLASHLIGHT

FOLDING CHAIRS

GHOST STORIES

GRILL

HANGING OUT

HIKE

LANTERN

MARSHMALLOW

MOSQUITO

MOUNTAINS

NATIONAL PARK

NATURE

OUTDOORS

OUTHOUSE

PORTABLE STOVE

RELAXING

ROUGHING IT

S'MORE

SINGING

SLEEPING BAG

SWIMMING

TENT

TOGETHER

TRAILER

WOODS

To answer the trivia question, look for a word or phrase that is hidden in the puzzle, but not in the word list.

**Trivia:** What National Forest Service mascot warns campers about the dangers of forest fires and teaches strategies for preventing them?

**Answer:** \_\_\_\_\_



**ADRC Director**

*Lynne McDonald*

**ADRC Financial Manager**

*Lynn Crothers*

**ADRC Admin. Assistant**

*Amanda Erickson*

**Nutrition & Prevention**

**Coordinator**

*Taylor Meyer*

**Elder Benefit Specialist**

*Terri Esselman*

**Disability Benefit Specialist**

**I&A Specialist**

*Barb Freagon*

**I&A Specialist**

*Tara Halopka*

**ADRC Newsletter Online:**

<http://www.co.clark.wi.us/index.aspx?NID=767>

**ADRC Toll Free Line**

1-866-743-5144

**ADRC Local Number**

715-743-5166

**ADRC Fax Number**

715-743-5240

**ADRC Email Address**

[clarkadrc@co.clark.wi.us](mailto:clarkadrc@co.clark.wi.us)

**Mailing Address**

ADRC of Clark County  
517 Court Street Room 201  
Neillsville, WI 54456